## URBAN ZEN INTEGRATIVE THERAPY SERIES LINDA TRUMPFHELLER NOVEMBER 10 & 11 • MISSION VIEJO SATURDAY & SUNDAY • 1:30-4:30PM

Urban Zen is an integration of yoga therapy, aromatherapy and Reiki, designed to bring the practitioner to a deeper state of relaxation and comfort. Working with movement, breath awareness, and body scan meditation, this program focuses on self-care techniques for the whole being. Urban Zen is used at major medical facilities around the country, including UCLA to assist their patients and caregivers with finding balance and wholeness in the healing process.

Each session will include restorative yoga poses and movements, aromatherapy, Reiki and meditation, as well as time for discussion as needed. Recommended and safe for all fitness levels, including those with health concerns such as fibromyalgia, anxiety, joint replacements, neuropathy, etc.

\$50 SINGLE \$85 FULL WEEKEND TO REGISTER VISIT YOGAWORKS.COM OR CALL 949.380.9642



Linda Trumpfheller is a registered 500 hour yoga teacher with Yoga Alliance, a prenatal yoga teacher, a clinical Hypnotherapist, infant massage instructor and a Thai massage practitioner and instructor. She is also the founder and senior teacher of YogaMamas Teacher Programs, a Perinatal yoga training program, sharing her joy of teaching prenatal and postnatal yoga with other teachers.

Linda completed the first level of Urban Zen Integrative Therapy training in 2012 with Gillian Cillibrasi, Urban Zen Program Director, at YogaWorks Newport Beach. She has worked with yoga students of all ages and experience for over 15 years through classes and workshops, including Intro to Yoga, Prenatal Yoga, and Yoga for Parents-to-Be workshops, which focus on preparation for and support through the birthing experience.

